
Half Marathon Training Log
Twelve weeks to race day
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Twelve weeks to race day

This log is for recording your training, not prescribing it. Follow a plan that suits your health, and check with a doctor if you are unsure.

Keep most runs easy enough to hold a conversation, and treat rest days as part of the plan.

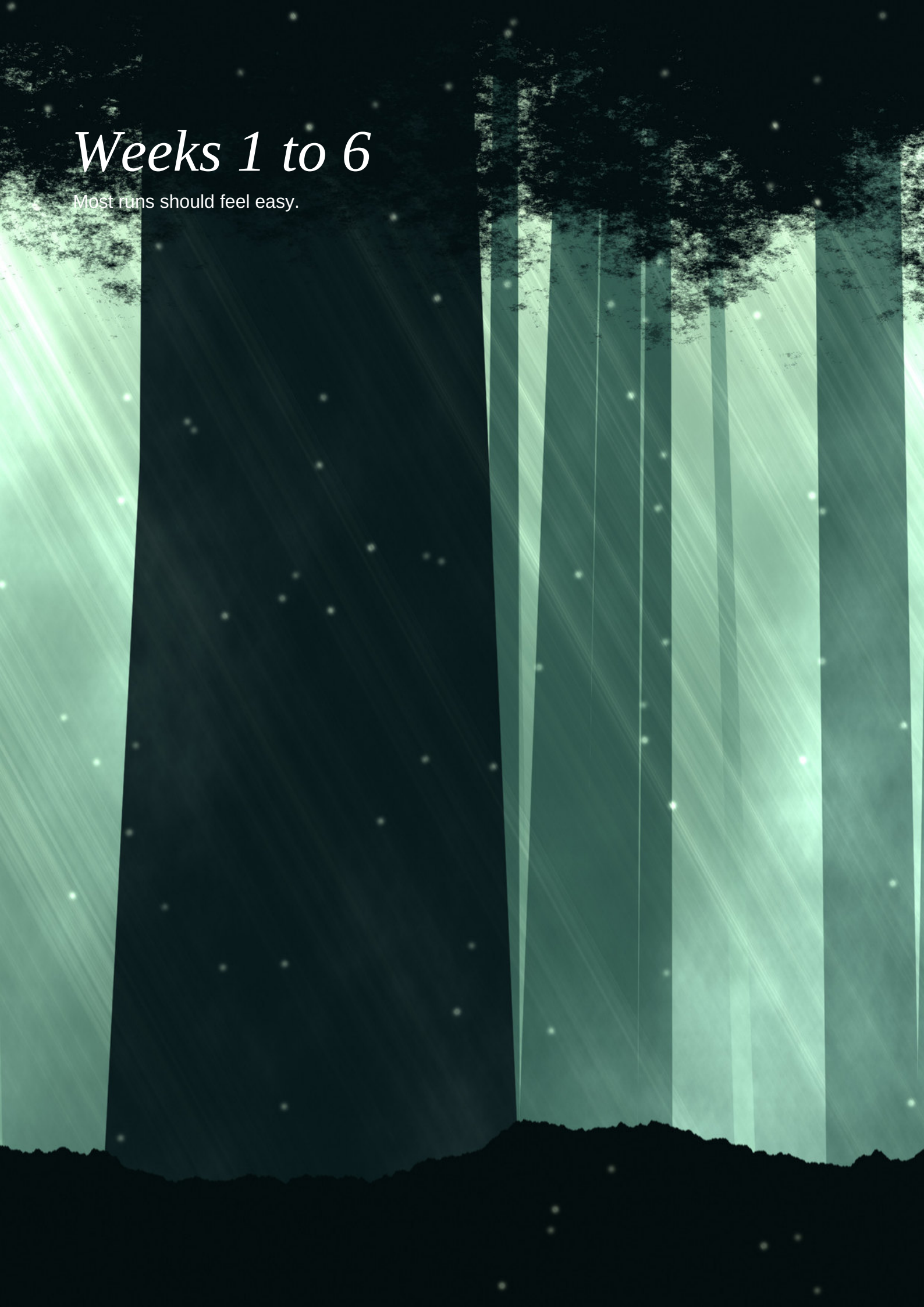
Starting point

Race, date and place

Why this race?

Current weekly distance

Shoes and kit



Weeks 1 to 6

Most runs should feel easy.

Week 1

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 2

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 3

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 4

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 5

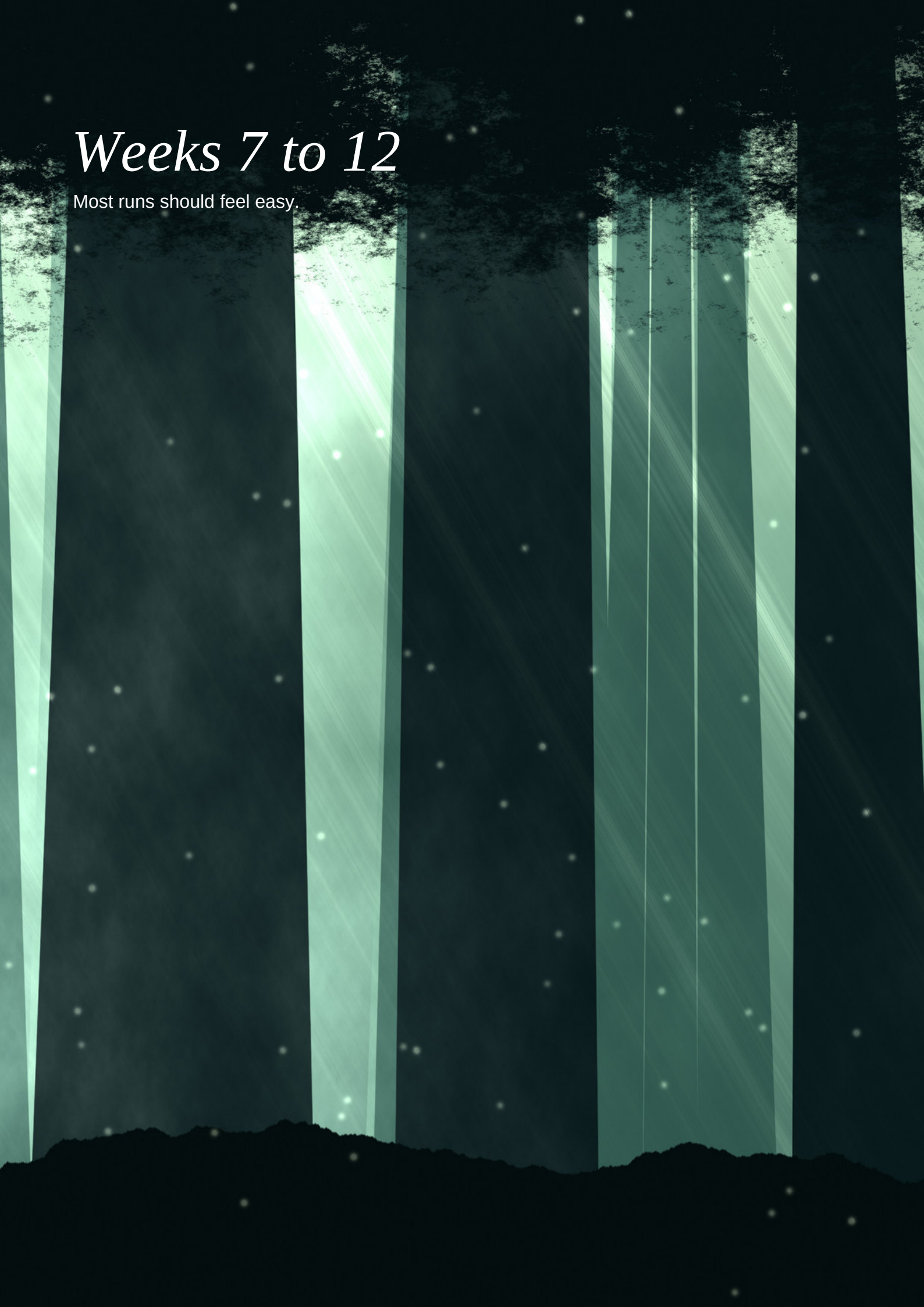
Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 6

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



Weeks 7 to 12

Most runs should feel easy.

Week 7

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 8

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 9

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 10

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 11

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 12

Distance, time and how it felt.

	Plan	Distance	Time	Feeling
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Race week

Kit laid out

Travel and start time

Breakfast plan

Pacing plan

After the race